

Bring snacks and plenty to drink.

**Beginners' training course application 2012**

Name:	
Address:	
Postcode	Tel:
E-mail (please write clearly )	

**These two-day courses start at 9.00am and finish at 4 -4.30pm. The cost is £65.00; remittance should be returned with the form, cheques payable to DSWA - Central Scotland Branch. (£45 for Branch members, £35 for under-17s) (sorry, no card facilities)**

**Please note:** 01382-350360 (Stewart) 01575-574965 (Syd)

***COURSE OBJECTIVES:***  
 TO DISMANTLE AND REBUILD A SECTION OF OLD OR DAMAGED WALL, AND LEARN THE TECHNIQUES OF:

- laying out stones correctly when dismantling
- laying good foundations
- basic wallbuilding skills: selecting stone; placing through-stones; correct packing; use of cover band; laying the coping stones

***HEALTH and SAFETY POLICY*(please keep for reference)**

**CLOTHING:** Wear warm, old clothing and bring waterproofs with you. Long trousers tucked in will help prevent tick bites, which can cause serious illness. Shorts aren't suitable.

**FOOTWEAR:** Wear stout shoes or preferably boots with a stout or steel toecap. Wellies are not suitable unless with reinforced toecaps.

**GLOVES:** Essential for most walling tasks. Stout industrial gloves are best; light gardening gloves wear out very fast. You bring these.

**LIFTING:** Bend your knees and keep your back straight when lifting. Always ask for help in lifting the heavier stones.

**DISMANTLING:** Lift each stone cleanly from the wall rather than drag at it. Remember the wall may be unstable. Be aware of others working near you. There may be rubbish e.g. glass buried in the wall.

**WORKING WITH STONE:** If you are dressing stone with a hammer, wear some form of eye protection; we have some safety goggles but most people prefer to bring their own. Be aware of people around you. Dust can be a nuisance too - contact lens wearers often opt to use spectacles when walling. Do not throw stones away when discarding them. Keep a clear working space between wall and stone heap.

**HYGIENE:** All cuts or broken skin must be covered. We recommend you bring bactericidal hand-cleanser or similar to avoid soil-borne germs as washing facilities may be limited.

**GENERAL:** Follow the guidance of your DSWA Instructor at all times.

VENUE / organiser	DATE	
Cambo, Fife <i>Stewart</i>	14 <sup>th</sup> - 15 <sup>th</sup> April	
Littleton, nr Kirriemuir <i>Stewart</i>	19 <sup>th</sup> - 20 <sup>th</sup> May	
Blackruthven, nr Perth <i>Stewart</i>	28 <sup>th</sup> -29 <sup>th</sup> July	
Redford, nr Forfar <i>Syd</i>	8 <sup>th</sup> - 9 <sup>th</sup> September	
Cambo, Fife <i>Stewart</i>	29 <sup>th</sup> -30 <sup>th</sup> Sept	

**Signature:** .....

**Please read the DSWA Health and Safety policy before signing. We do require paper copy.** Any queries? Call

**Stewart:** 01382- 350360 **Syd:** 01575-574965

Return to: Stewart Hutt, The Knowes, Kellas Rd, Wellbank, Angus DD5 3PE

[stewart75711@hotmail.co.uk](mailto:stewart75711@hotmail.co.uk) / Syd Mitchell, Strathview, Roundyhill, Forfar, Angus DD2

1QT [sydneymitchell@btinternet.com](mailto:sydneymitchell@btinternet.com)

**NB:**

All tools and equipment are provided. You may wish to bring a folding chair for tea-breaks.

**CHECK OUT THE WEBSITE:** <http://www.dswa.org.uk>

Please note: all our courses are dependent on sufficient numbers enrolling. We appreciate prompt booking!

**General info:**

We allocate one instructor to around 8 trainees.

Cambo Estates kindly provide a soup and sandwich lunch but other sites don't. You'll need to bring flasks, extra snacks etc for morning and afternoon breaks.

In the event of seriously wet weather, a course may be cancelled for safety reasons. We'll give you as much notice as possible. If you cannot book onto another course, then your fee is refunded.

A committee member of the DSWA will attend on the Sunday bringing a selection of helpful free leaflets, also hammers, books on walling and assorted useful items for sale. (We don't have facilities for credit/debit cards but cheques or cash are fine)

Dog owners – please if possible leave your pet at home. Many of our sites are on working farms or estates. If a dog is brought, it must be kept in your vehicle and exercised on a lead.

It's a hands-on course, but it's fine for you to just step back and take a rest.

If you have any medical condition which leads you to wonder about undertaking training, please speak in confidence to Stewart. Relevant information will be passed on to the lead instructor only if you wish.

People ranging in age from 13 to 80 have trained with us. Approximately 45% of them are women.

**Venues:**

**Cambo:** follow brown signs from the A917 St Andrews – Crail road, a mile south of Kingsbarns KY16 8QD

**Blackruthven:** Take the A85, Perth – Crieff road which runs off the A9 Perth City bypass and after about a mile go through the village of West Huntingtower. At the west end of the village, adjacent to an agricultural machinery firm, the road to Blackruthven goes off on the left-hand side, (right if you're coming from the Crieff end) signed Madderty and Tibbermore. The entrance to the farm is about a mile along this road on the LHS, immediately alongside another entrance road marked The Bield. PH1 1PY

**Angus events:** Syd will send out a map.

Contacts:

Cambo & Blackruthven : 01382 350360 (Stewart)  
Kirriemuir & Redford (near Forfar) : 01575 574965 (Syd)